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PLASTIC SURGEON

YOUR PATIENT GUIDE TO **DERMAL FILLERS**



Dermal fillers have become very popular for facial rejuvenation without the need for surgery or recovery time. Many people want a quick, painless, natural-looking refresher to perk up skin that has begun to succumb to age and gravity.

Dermal fillers are generally used for smoothing fine lines and wrinkles, and for adding volume and fullness to skin beginning to suffer from volume loss. Dermal fillers can also be used for cheek and chin or lip augmentation,

When performed by an expert with experience using dermal fillers, these treatments can be extraordinarily natural-looking. Most men and women don't necessarily want to look as if

they have had work done, so strategic dermal filler placement is ideal for someone who just wants to soften their lines and take a few years off their face. One of the main draws for dermal filler treatments is that they require no recovery time. The actual procedure can be done in as little as ten minutes, depending on how many areas are to be treated, and the patient is then free to resume their daily activities and go back to work immediately.





As you get older, your skin's elasticity decreases, leading to sagging skin. You also develop smile and laugh lines around your nose and mouth. Another unavoidable result of aging is furrows - or frown lines located on your forehead. Then, there's the glabella - the lines located between your eyebrows. Not a lot to look forward to admittedly. The result of all of this? Your skin will lose its young appearance.

But why exactly does all of this happen?

Because not as many natural dermal moisturizers and volumizers, including hyaluronic acid, are produced, thus leaving you with wrinkles and lines where youthful-looking skin once was.

Dermal Fillers: What Exactly Are They?

Fortunately, today, you can reduce the signs and symptoms of aging by restoring the hyaluronic acid you're losing. That's exactly why the majority of dermal fillers available today feature hyaluronic acid. This acid binds powerfully to water. Then, when it is injected, it hydrates, softens and volumizes your skin for a young, healthy look. Another popular type of filler is a biostimulatory filler, which is also known to be effective. What's so great about today's hyaluronic acid and biostimulatory fillers is that they offer predictable and consistent results.

In addition, most fillers feature lidocaine, or lidocaine can be added to them. The benefit of lidocaine is that it significantly reduces the discomfort patients may feel when undergoing filler injections.

Immediate Results With No Downtime

One of the biggest benefits of using dermal fillers is that they provide immediate results. Once you undergo a filler injection, you will notice your appearance transform soon

thereafter. On top of this, you don't have to worry about recovery time like you would, following plastic surgery. In fact, you can complete the filler treatment in just 10 minutes depending on the number of areas needing treatment. Then, you're free to continue your daily errands or even go back to work. In fact, a filler treatment is sometimes described as a "lunchtime facelift."

The side-effects you may experience as a result of your filler treatment are minimal. Just a little swelling or redness near your injection site is normal. Even then, this swelling and redness should disappear within several hours or one day. In the meantime, you can simply cover it up with makeup. You may more rarely experience bruising, but you can typically avoid this by following your practitioner's instructions prior to your filler treatment appointment.

Long-Lasting Effects

Yet another benefit of fillers is the lasting results you'll enjoy after getting them. In the majority of cases, you'll stay looking more youthful and beautiful for about 8 months to a year. However, you might want to go in for a quick touch-up appointment in four to six months following your initial treatment. It's in your best interest to maintain your filler results. You can do this simply by scheduling your next treatment before your filler has had the chance to metabolize completely.

Beneficial For The Skin

Most fillers feature a natural skin component that help the skin - a major plus for patients interested in getting filler injections. Hyaluronic acid present in fillers are naturally occurring substances in the skin. Thus, when they are injected, they'll feel natural beneath your skin. It's just



another reason to love the skin you're in after you get a filler treatment.

Subtle Results

If you choose to receive dermal fillers, you'll also love how subtle and natural looking the results are. That's exactly what you want if you're like most patients. After all, who honestly wants to look like a totally different individual after the treatment than he or she was before it? You simply want to be the best version of yourself. With dermal fillers, the majority of people won't even know what you had done. All they'll notice is that you look amazing.

Self-Confidence Builder

This is a clear outcome when it comes to the life-changing advantages of dermal fillers. People who receive fillers generally improve their self-confidence following their treatment. They simply love how their fillers look and feel. At the hands of an experienced aesthetic practitioner, you can achieve amazing natural looking results and love how you look like never before.

Plumpness

As you grow older, your skin will lose collagen and fat. In other words, you'll lose your youthful plumpness. Replacing the young, healthy look you've become accustomed to will be a hollowed-out look and more blatantly obvious wrinkles -- clear signs of advancing age. Fortunately, fillers help to counteract these problems by making your skin plumper. In the end, you'll end up with fuller-looking cheeks as well as fewer facial wrinkles.

Botox Complements Dermal Fillers

Another benefit of using dermal fillers? Botox complements fillers perfectly!



As you get fillers, you might notice that a few of the wrinkles on your face are particularly deep - especially those on your forehead and glabella. Or maybe you notice vertical lip lines near your mouth. In these situations, you may want to receive a Botox or Dysport treatment. This product will temporarily reduce the muscle activity responsible for your deep wrinkles and frown lines. It's perfect for tackling those lines and wrinkles that dermal fillers won't eliminate. With the powerful combination of fillers and Botox or Dysport, you may be able to delay or even avoid surgery, such as a facelift, down the road.

Great For Your Lips

Of course, fillers aren't just good for filling in wrinkles and cheeks. Fillers can work wonders for your lips. Tired of thin lips? Fillers can make your lips look plumper and sexier. At the same time, it'll soften the appearance of annoying wrinkles around the mouth. With dermal fillers, you can finally stop feeling self-conscious when it comes to your lips. In fact, your lips just might become your favourite feature. Just be sure to get lip fillers with an experienced plastic surgeon to ensure yourself an experience that is safe and that yields natural looking results.

Say Goodbye To Scars

A major advantage of springing for fillers is that they can improve the appearance of scars. This is a big deal if you've spent years applying makeup to hide unsightly scars as a result of acne, for example. Your practitioner can help you to determine if dermal fillers are an option for treating certain scars.

Boost Your Collagen

Last but not least, biostimulatory fillers, like Radiesse and Sculptra will stimulate the body's natural collagen. A major

reason that your skin ages as you get older is that collagen production declines. This is accelerated if someone has a lot of sun damage. Collagen is one of your skin's essential building blocks. When collagen ends up breaking down, the signs of aging is more apparent. This includes having coarse skin texture and wrinkles. Dermal fillers, however, can help your body stimulate more of its own collagen, just as a younger individual's skin does. This translates to the younger, healthier-looking skin you're after -- in a natural way.

The Right Choice

Not sure whether dermal fillers are the right choice for you? Start with a comprehensive consultation with an experienced plastic surgeon. During the consultation, your aesthetic goals and skin care needs will be discussed and evaluated, and a customized plan for achieving amazing natural looking results will be created. A wide variety of dermal fillers are available, so an experienced surgeon will help you to make the right selection for your individual needs in tone and texture. It can take up to 10 sessions, a few weeks apart, before you can clearly see the differences.

Dermal Fillers

As one ages, the face loses volume and wrinkles and skin folds appear as a result of smiling and frowning. Fillers work by restoring the volume of part of the face or filling the lip or wrinkle and are gradually digested by the body. Fillers can be injected during initial consultation.



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery. He is an international speaker in rhinoplasty.



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